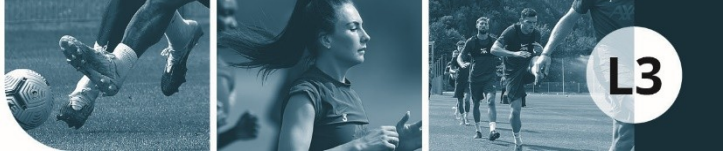
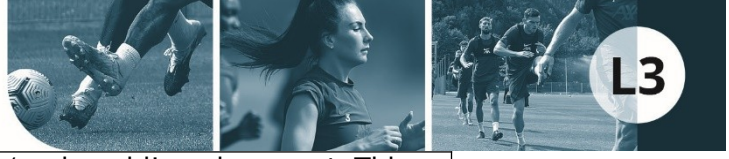


BTEC Assignment Brief

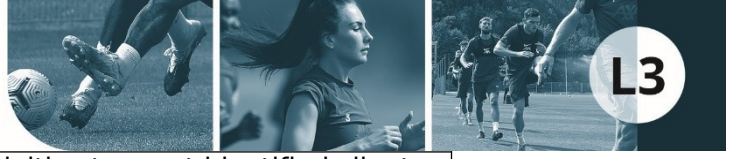
Qualification	Pearson BTEC Level 3 International Qualification in Sports
Unit number and title	**Unit 6: Exercise and Fitness Skills Development**
Learning aims	C: Explore specific populations exercise requirements and contraindications to exercise D: Plan and instruct clients through gym-based inductions and
Assignment title	A written report or case study covering exercise requirements and contraindications for pre and postnatal women, the older adult and adolescents. Visual/audio evidence of learners instructing an exercise session. The session plan and an evaluative report of your own performance and client's performance must be evidenced.
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have recently started working part-time at a local gym. You have a level 2 fitness instructors' qualification and are keen to work towards your level 3. This would allow you to work with specific groups and exercise referral schemes. Your employer at the gym has asked you to produce a report or case study covering exercise requirements and contraindications for pre and postnatal women, the older adult and adolescents. This can be used to help the clients understand their exercise programmes and the reasons for selected exercises. Your employer would also like to video you instructing an exercise session, produce a plan for the session and then to evaluative your performance and that of the client's. This will allow you to see how you perform as an instructor and to identify any strengths and areas for improvement.

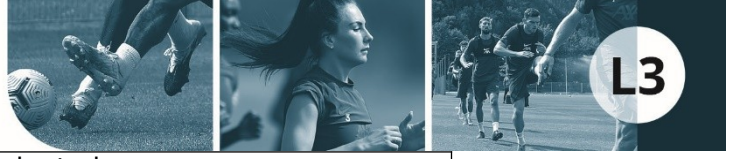
Task 1	A written report or case study covering exercise requirements and contraindications for pre and postnatal women, the older adult and adolescents. Visual/audio evidence of learners instructing an exercise session. The session plan and an evaluative report of own performance and client's performance must be evidenced. **Please note.** Employers have stipulated that all practical assessment



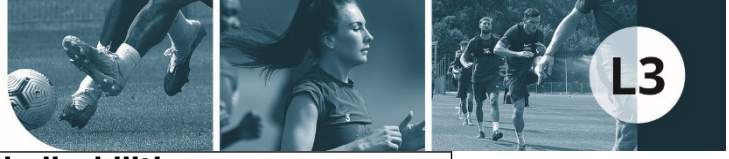
	must be conducted in a 'real world' environment. This, where possible, should be in the workplace on the job at work, or in a situation that is as close as possible to this, in order to replicate a working environment. For example, where appropriate an acceptable scenario is that you could use a different cohort of learners for practical assessment. This can also be covered within a work placement. The assessment should be conducted with real clients/participants and not with peers. A real client/participant is someone who is, in the best case, a member of the club/facility or the equivalent for self-employed trainees. The real client/participant must not: • work at the same facility as the candidate • be related to the candidate, i.e. a spouse, partner, stepparent, brother or sister, etc • be enrolled on the same qualification as the trainee at the same time • be a close friend. If you are unable to use real clients/participants: There are situations where using a real client/participant is untenable. If there are any other circumstances for real clients/participants not being used this should be agreed upon with the Awarding Organisation and evidence provided. You will need to explain the types of exercises antenatal and postnatal women, the older adult, adolescents and people with disabilities should not perform with reasoning for each and also the exercise requirement of each group. You must then produce a plan that includes relevant information about the aims and objectives of the session, the client's needs, the equipment to be used and the exercise activities taking place. The activities must be safe and effective, meaning they have to be appropriate to the client's needs and requirements and designed to achieve the planned outcomes. You should prepare a gym-based exercise session that includes a minimum of three types of cardiovascular equipment from the following options: • upright cycle • recumbent cycle • treadmill • stepper • rowing machine • elliptical trainer • cross-trainer. You must show how you have planned and instructed for a minimum of: • three body weight exercises • four exercises from each of the following: resistance machine lifts, free weight lifts. You must include evidence of planning a gym-based programme by applying the principles and variables of



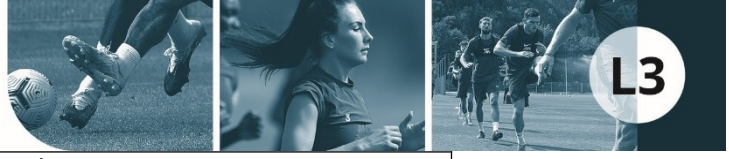
	fitness to a range of activities to meet identified client goals and/or to achieve general fitness and health gains. And you need to show that you can deliver the planned session safely and effectively. You must include evidence of planning and instructing a safe and effective warm-up and cool-down. You must demonstrate correct lifting and passing techniques, including dead lifting the barbell safely from the floor and spotting. You must show accurate demonstrations of movements and techniques appropriate to the exercise environment with particular attention to the speed of movements. You will need to provide accurate teaching points that are appropriate to the needs and limitations of the client. You must show that you are able to communicate effectively with clients using motivational styles appropriate to the individual and the exercise format. You must also show that you can apply methods of voice projection and can effectively use the volume and pitch of their voice. You should be observed teaching from a variety of positions using mirroring and demonstrating control of the client. You must show the ability to observe your clients/participants and correct poor technique where required, giving regular teaching points to meet individual needs. You must show evidence that you have the knowledge to safely adapt sessions for the individual and occasional apparently healthy special population client including: • young people in the 14-16 age range • antenatal and postnatal women • older people (50 plus). You will review how the session went, identify what worked well in the session and areas for improvement. You will also review your own planning and delivery of the gym session and consider areas for development including how you can financially plan for the future, taking into account the costs associated with working as a gym instructor and how you can support an organisation to support secondary spends to improve your revenue. You will also provide recommendations on how to plan for future exercise sessions based on the client's performance. You will evaluate how you planned and delivered a gym-based exercise session, making judgements and forming conclusions on their own performance. Your judgements will be based on the effectiveness and appropriateness of exercise techniques and communication methods you planned and used for cardiovascular endurance and resistance training, and



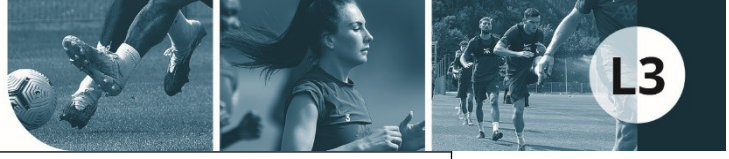
	the ways in which you adapted each exercise to make them more or less challenging depending on the needs of the specific client. Your judgements will be supported by evidence of observation and/or feedback from the client taking part in the session. From this evaluation, you will need to justify your areas of strength, areas where improvement is needed and recommendations for how these improvements can be made. You will consider the decision-making process for instructors planning and delivering gym-based sessions when presented with the results of client assessment and the choices of possible exercises. You will evaluate the positive and negative impacts of these factors, weighing up the strengths, weaknesses and implications on each other and the session as a whole. You will then draw conclusions as to the decisions instructors make to ensure safe and effective sessions are planned and delivered using well-considered arguments supported by examples. You will also provide an additional plan with reasoning to show how you would adapt your planned session for a person from a named specific population (antenatal women, postnatal women, the older adult, adolescents and people with disabilities). The report/case study and visual/audio evidence of learners instructing an exercise session and evaluative report of your own performance and client's performance must cover the information contained in the following nine sections: **Section 1: Antenatal and postnatal women** • Changes to the body systems during antenatal and postnatal period • Contraindications for antenatal women • Symptoms experienced by antenatal women that should stop any further participation in exercise • Exercise requirements for antenatal women • Contraindications for postnatal women • Exercise requirements for postnatal women **Section 2: The older adult** • Functional status at any age depends on a person's rate of ageing, health, gender, lifestyle behaviour and socio-economic influences • Changes to the body systems in the older adult • 40 is the approximate age at which the ageing process begins • 50 is the age at which the progressive losses to the body systems start to occur • Contraindications • Exercise requirements **Section 3: Adolescents** • Changes to the body systems in the adolescent • Contraindications • Exercise requirements • Rest between sessions



	Section 4: People with disabilities • Types of disability • Contraindications • Exercise requirements **Section 5: Planning and instructing a gym-based induction** • Welcome clients, advise clients of the facilities, equipment, emergency procedures • Facility walk through • Check client's ability and any medical conditions • Warm-up • Introduce equipment • Demonstrate use of equipment • Select appropriate intensity for client to use the equipment • Observe client using equipment • Adapt intensity to suit client's needs • Provide client with teaching points and feedback on how to use each piece of equipment safely and effectively • Conclude session • Methods to adapt inductions for individuals and small groups to maintain effectiveness • Signposting clients to other areas of the facility **Section 6: Planning a gym-based exercise session** • Aims and objectives of the gym-based exercise programme • Planning the session • Components of a gym-based exercise session • Pre-gym-based exercise preparation • Concluding a gym-based exercise session **Section 7: Instructing a gym-based exercise session** • Pre gym-based exercise session checks • Preparing clients for exercise session • Explain and correctly demonstrate safe and effective technique for each exercise • Checking client's understanding of how to perform each exercise safely and effectively • Provide teaching points for each exercise to support clients in performing the correct and safe technique • Communicate as appropriate to the clients' needs and the environment. • Change position to observe client or group exercise clients. • Monitor the safety and intensity of each exercise – heart rate monitoring, RPE, heart rate training zones, talk test. • Provide timely clear instructions and feedback. • Adapt exercise with suitable progressions and regressions according to clients' needs. • Provide safe and effective cool-down activities. • Use of relevant anatomical and physiological terminology in the provision of fitness advice and programming. • Concluding a gym-based exercise session. **Section 8: Reviewing own performance in providing gym-based exercise** • How well the exercises met the clients' needs and the appropriateness of the session content in relation to



	the client and environment • Relationship with the clients: how effective and motivational it was and how well the instructing style matched the clients' needs • Adaptations to the session based on own performance and session content • Ways to improve personal practice • Career pathways in the fitness sector • Financial planning and review for future development **Section 9: Reviewing client's performance** • Appraise client performance in the exercise session. • Monitoring client's achievement of SMART targets • Knowing when to review a client's programme • Recommendations for client • Methods of gaining feedback from the client • Giving positive feedback about client's progress • Adaptations to the session and programme based on client performance • Reviewing SMART targets • Recommend other types of training or equipment based in health and fitness centres to support achievement of client goals
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
C.P6	Explain the contraindications and exercise requirements for antenatal and postnatal women, the older adult, adolescents and people with disabilities.
D.P7	Plan a gym-based induction and exercise session.
D.P8	Carry out a gym-based induction and exercise sessions.
D.P9	Review own and client's performance.
C.M3	Assess methods that can be used to adapt cardiovascular, resistance exercises, functional exercise and flexibility exercise for one type of person in a specific population.
D.M4	Assess the delivery of a gym-based induction and exercise session, making recommendations for future improvements to own and client's performance.
CD.D2	Evaluate the delivery of a gym-based induction and exercise session, justifying suggestions made to improve own and client's performance and providing adaptations to the session for a client from a specific population.
Checklist of evidence required	A written report or case study covering exercise requirements and contraindications for pre and postnatal women, the older adult and adolescents. Visual/audio evidence of learners instructing an exercise session. The session plan and an evaluative report of own performance and client's performance must be evidenced, covering the following areas: • Antenatal and postnatal women • The older adult • Adolescents • People with disabilities • Planning and instructing a gym-based induction • Planning a gym-based exercise session • Instructing a gym-based exercise session • Reviewing own performance in • providing gym-based exercise • Reviewing client's performance



Resources	**Textbooks** Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2010) ISBN 9781846906510 Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541 Gledhill, A., et al. (2016), BTEC Nationals Sport Student Book 1, Pearson Education, ISBN 9781292134000 Hall S – Basic Biomechanics (Mcgraw-Hill Education, 2014) ISBN 9781259095535 Heyward V H – Advanced Fitness Assessment and Exercise Prescription (Human Kinetics, 2006) ISBN 9780736057325 ISBN 9780736042109 Sharkey B J and Gaskill S E – Fitness and Health (Human Kinetics, 2006) **Journals** International Journal of Sports Science and Coaching Journal of Physical Activity and Ageing Journal of Physical Activity and Health Journal of Sports Medicine and Physical Fitness **Websites** BBC Sport www.bbc.co.uk/sport